

Environmental Health and Safety

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Indoor Plants



Having indoor plants can have a number of positive affects to both your health and the environment. Not only are they attractive, but they can boost your mood and help deter illness. Keeping plants in your home helps to improve the air quality and your breathing.

Plants take in carbon dioxide and release clean oxygen that we can breathe. Leaves and roots of plants can also take small levels of toxic vapors such as formaldehyde and carbon monoxide out of the environment. Indoor plants also help improve your focus, memory retention and help you improve your work.

Consider adding a few plants to your home and/or workspace to experience the benefits for yourself. Even if you consider yourself to have a brown thumb, there are many different varieties of indoor plants, some of them requiring very little care.

If you have children or pets, be sure to buy plants that are safe. Certain plants can be toxic to children and animals. Always check to see that your plants are safe before introducing them to your home.

Resources:

[5 Benefits of Houseplants](#)

[5 Health Benefits of Houseplants](#)

[10 Best Houseplants](#)

[15 Easiest Houseplants That Won't Die On You](#)

[Safe and Poisonous Houseplants](#)



Created by Kara Meredith

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